



3-5-2015

The Pacifican March 5, 2015

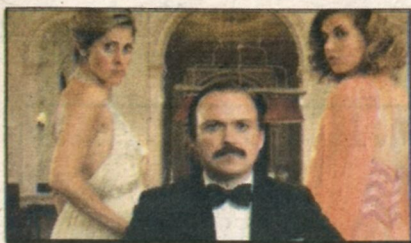
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MURDER MYSTERY

Pacific's theatre fraternity hosts a dinner to die for.

LIFESTYLES/8

SPEAK NOW

Tigers perform annual "Vagina Monologues."



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THURSDAY, MARCH 5, 2015

Walk Out, Teach-In: National Walkout Day

Pacific opens forum to discuss national concerns about professor positions and wages

Emily Olson
STAFF REPORTER

It was standing room only 10 minutes after the start.

But that didn't stop an increasing mass of administrators, students and professors (both tenured and not) from flooding the Regent's Room last Thursday to witness Pacific's answer to "National Walkout Day."

In the thick of a tense yet supportive atmosphere, five individuals from Pacific spoke on the unfair working conditions of non-tenured University professors in conjunction with a recent nationwide reliance on these contingent faculty members.

While faculty at universities across the nation did actually walk out on classes to gain attention for the cause, Pacific faculty instead chose to hold a "teach-in."

"It seemed that the most productive thing to do was to have some forum where the views of adjuncts could be made public, and we could actually apply some pressure both to tenured faculty and administration to recognize the conditions for adjunct professors both nationally and here at Pacific," explained Dr. Jeffery Hole, the COP chair-elect and principle organizer of the event — a professor who does not yet have tenure, but says he "will next year... If all goes right."

Hole was correct that the conversation would cover both the University and the country; the conditions for Pacific's non-tenured faculty are not dissimilar to the national trends.

The event's first speaker, Caroline Schroeder, who holds a doctorate in religion, clarified that at Pacific and most universities "roughly half of all professors are not full-time." She pointed to changes in attitude in higher education — a growing belief that education and knowledge are things to be commoditized by a



Edna Rush

Pacific's administration was represented by Provost Maria Pallavicini [shown above], who spoke early in the event. She elucidated that the reason for the multiple types of teaching contracts is in response to the University's needs.

corporate system — as responsible for a 50 percent increase in the number of non-tenured faculty over the last few decades. It's inconsistent with a steadily increasing tuition price tag; Schroeder claimed the rising tuition price "is not at all linked to the cost of professor salaries."

The salaries of contingent faculty are certainly a point of contention, if not the focus of the tenure/non-tenure debate.

Dylan Zorea, J.D., a non-tenured professor with the title of "staff member," has felt the effects of an unfairly decreasing salary. At the teach-in, he stated that since 1970, salaries of adjunct professors have decreased approximately 40 percent. Although Zorea has been working

at Pacific since 1996, he has yet to receive a full-time contract or even a pay increase — in fact, his salary has decreased.

Hole later told The Pacifican, **"Faculty make, on average, \$2,500 per course that they teach. [...] They live below the national poverty line."**

Professors often have to string contracts together to make ends meet. Zorea, for example, works as a lawyer to supplement his income.

Zorea, from behind the lectern, asked an economics professor seated at the back of the room if this model of

contingent salary pay was sustainable. The answer was a resounding no.

Tenured professor Cynthia Dobbs, who holds a doctorate in English, represented a group of contingent faculty who were not present in the room to speak out. She read four anonymous quotes, each focused on concerns for the present and future, the last one detailing that non-tenured faculty feel they are "overburdened and overworked."

Dobbs ended with a strong call to prevent "ideas from remaining ideas," a hope that the event would not just exist for the administration to say they've listened.

NATIONAL WALKOUT DAY
CONTINUED ON PAGE 3

SIS hosts the 2015 Spring Alumni Career Forum

Jodi Tai
NEWS EDITOR

For those of you studying in the School of International Studies concerned with finding a job, remember that the world is at your feet!

This past Friday on Feb. 27 at George Wilson Hall, five illustrious alumni returned to Pacific as guest panelists for the School of International Studies Spring Alumni Career Forum to discuss Pacific's lasting impact on their present careers.

Sitting on the panel were SIS alumni Akil Gibbs '06, Jeff Swartz '06, Cheri Kramer '06, Bonnie Lucero '08 and Khatijah Corey '13. All five engaged attendees with an open Q&A.

After receiving his B.A. from Pacific, Gibbs earned his M.S. in Mass Communication in Brand Strategy from the Virginia Commonwealth University Brandcenter.

After working as a media planner for Microsoft, Mini Cooper and Black Rock, to name a few, Gibbs is currently managing media strategy, execution and measurement on new challenger brands. Swartz serves as a manager and director of all aspects of international climate policy for the International Emissions Trading Association.

He has traveled the world serving other global concerns, is fluent in three languages and holds a Master of Arts in International Environmental Policy from Middlebury Institute of International Studies at Monterey, as well as a bachelor's degree from Pacific in

Chinese and international relations.

Kramer is a law graduate of Santa Clara Law School, an advocate for indigenous human rights throughout the globe, and is currently involved in international tax planning. She worked as a research assistant for the Center of Global Law and Policy and served as the development editor of the International Law Journal.

Currently an assistant professor of history at the University of Texas-Pan American, Lucero credits SIS for her opportunities to travel internationally. She has penned her first book and is currently working on a second. Lucero received her Ph.D. from the University of North Carolina at Chapel Hill in 2013.

Corey, the newest Pacific graduate, is currently pursuing a Master of Arts in International Affairs from The Elliott School of International Affairs at The George Washington University. She largely attributes her success to her undergraduate experiences here at Pacific's SIS.

After only a few years, all five have garnered prestigious fellowships, degrees and positions. While each is dedicated to his or her own field, all agree that their undergraduate career at SIS prepared them for the rigors that their career aspirations present.

Next time you worry about the details of your future plans, remember Lucero's advice: "The greatest ability is to fail successfully. Falling on your feet is one of the best skills you can have."

Greetings from around the globe

(From left to right) Alumni Khatijah Corey '13, Bonnie Lucero '08, Jeff Swartz '06, Cheri Kramer '06, and Akil Gibbs '06 returned to Pacific to impart post-grad perspectives on SIS. The panel advocated that while some students from the SIS may not pursue a career in the field, the instruction they received from Pacific gave them invaluable skills that helped develop their careers.



Edna Rush

Death at the dinner table TAP hosts murder mystery night

Megan Griffin
CONTRIBUTING REPORTER

Delicious pasta, dark humor and a chilling murder set the feel for Theta Alpha Phi's Second Annual Murder Mystery on Feb. 24. Theta Alpha Phi, the theatre fraternity that entertained crowds last semester with "A Very Potter Musical," certainly did not disappoint in this hilarious dinner show. Tiana Freiri '16, the event coordinator, commented, "It was amazing being able to help take charge of such a fun event. It was even better that I was able to play the crazy woman who turned out to be the murder victim."

The dinner show was unique

because it was scripted, but also had an interactive portion where the dinner guests could ask the suspects questions and attempt to solve the murder. The event successfully raised funds for Theta Alpha Phi's philanthropy, Broadway Cares: Equity Fights Aids. When TAP member Sam Taylor '15 was asked about what else is in store for TAP this semester, she told us about their plans to write, produce and put on a show in 24 hours at the end of March. "I know 24 hours is a crazy amount of time to put on a show, but I think we are just crazy enough to pull it off." TAP's creative and amusing shows continue to bring joy and laughter to campus.



Dinner guests feasted on their meals as they witnessed the murder mystery unfold before their eyes.

Edna Rush

In a club or organization?

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Walk Out, Teach-In: Discussions begin on National Walkout Day

NATIONAL WALKOUT DAY
CONTINUED FROM PAGE 1

The present representation of the administration was Provost Maria Pallavicini, who spoke early in the event. She elucidated that the reason for the multiple types of teaching contracts is in response to the University's needs. Sometimes uncertainty in enrollment leads to short-term contracts.

Other times, the University needs to "try out programs that students want," each with a different faculty need. She briefly explained Pacific's history of reviewing faculty treatment and announced that a task force has been created to look at the issues raised.

In a question-and-answer session following the event, Provost Pallavicini fielded several requests for clarification on the task force and the ultimate position that the University will take on the issue.

Tenured professor Dr. John Lessard questioned the University's intent to increase the number of faculty with a tenured contract.

Provost Pallavicini:
Pacific "does not have a goal" for this specific problem. However, the university plans to "find new titles that reflect the work that non-tenured faculty do."

After this, the task force will review contracts and benefits by continuing conversations with current contingent faculty.

When a student asked if there is a specific timeline for the task force progress, Provost Pallavicini answered that "conversations take time" and there was a general "anticipation that by next fall things will be different." The Provost expressed a desire for transparency with the process.

This student question was not the only one of its kind. Jessie George '17, who was among the five speakers behind the lectern, asked what the real difference was between a tenured and non-tenured faculty member. "A good teacher is a good teacher; a bad one is a bad one."

Students also composed much of the audience, many quietly listening with similar concerns about faculty conditions.

Simon Harris '15 drew a special connection to the issue. As a student recently accepted into a fully-funded six-year Ph.D. program at the University of Wisconsin, he expressed concerns about the longevity of an educational system with infrastructural problems.

But ultimately, Simon is willing to face his self-proclaimed "suicide career choice" because he feels that "in order to get into the conversation, you have to be part of it."

And for those individuals both speaking and listening to that hour of it in the Regent's Room, being a part of the conversation means a chance to hold the Pacific community responsible for its promises.

As Zorea put it, "We're not walking out on this."

Prominent poets: Rowan Ricardo Phillips comes as guest lecturer to share his poetic craft

Sasha Kasoff
STAFF REPORTER

Poet and professor Rowan Ricardo Phillips spoke Thursday night as part of UOP's Black History Month. Born and raised in New York, Phillips earned his bachelor's degree at Swarthmore College and a doctorate in English literature at Brown University. If you want a taste of his work before purchasing a book, you can find his poems online at The New Yorker, Poetry Society and Poetry Foundation websites.

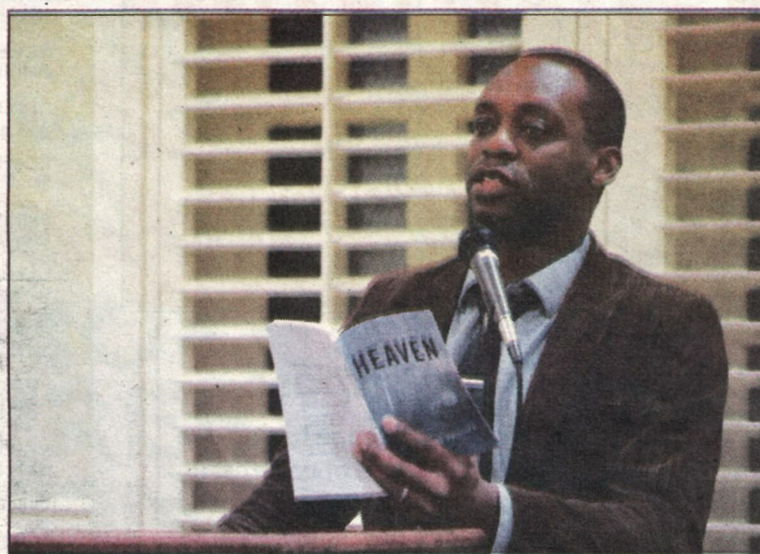
Besides his translations in multiple languages, Phillips has two books available on Amazon, "The Ground: Poems" and "When Blackness Rhymes with Blackness (Scholarly Series)." His newest collection, "Heaven: Poems," is expected to come out June of this year. At the event, Phillips read poems from both "The Ground" and the new book. Phillips opened by saying he was there to "share with you a little of the music in my head" and hoped that the audience would like it. Based on the appreciative laughter and applause, we certainly did.

Earlier in the day, Phillips sat in on a creative writing class as well as an ethnic studies class, and many students from those classes subsequently attended the event. Jade Alexander '16 told me he came to her class and ate lunch with students. She was very enthusiastic

about him, saying, "He was really funny, down to earth and insightful! I'm so glad he came and that I was lucky enough to have a chance to speak with him personally!" Her favorite poems were "Song of Fulton and Gold" from his first book and "Purgatorio 26: 135-148" from his new book "Heaven," because he was able to surprise and delight her with the way he made them come alive.

The turnout for this event was impressive, with teachers, students and extended Pacific family all sitting together to hear Phillips speak and answer questions. Not only did Phillips have a brief, humorous description for most poems, but his humbleness really came across in the Q&A section. In response to questions, he said he writes both colloquially and grandly in a natural way, not with the intent of sounding either way. He uses the color blue because it is his favorite color, not to have any deeper connection necessarily. At the end, he signed books, shook hands, and wished people well.

If you missed his reading, have no fear — his poem "Measure for Measure" is still on The New Yorker website with a recording of him reading it. There are also two radio segments from National Public Radio's All Things Considered. These and much more can be found on his personal website for your enjoyment.



Edna Rush

Winner of the 2013 Whiting Writers' Award, Phillips shared his craft with Pacific students last Thursday in the Presidents Room.

Public Safety



Weekly Report
Feb. 22 - Feb. 28

Vandalism

800 Block of Dave Brubeck 02.22.15
The victim reports that someone throwing beer bottles broke one of his windows. Officers arrived, interviewed several people and submitted both criminal and judicial reports.

Casualty

Cowell Wellness Center 02.23.15
Officers assisted Cowell staff with a subject complaining of severe leg pain. The subject was transported to St. Joseph's for evaluation.

Theft

Jesse Ballantyne 02.23.15
The victim reported he left his room and when he returned, someone had taken several pieces of his property including class notes, booklets, etc. The door was open when he left. The victim feels this may be a prank.

Casualty

Carter House 02.24.15
Officers responded to a call where a subject was having severe stomach pain. An AMR ambulance was requested, and the subject was transported to the hospital for treatment.

Theft

Alumni House 02.24.15
The subject entered the building during business hours and removed an older sports book on display that was donated to the house.

Fraud

Public Safety 02.26.15
The reporting party stated someone used their identity to file a false tax form.

Noise Complaint

Alpine Ave 02.27.15
Officers responded to a noise complaint and made contact with the residents at 10:30 p.m. The residents agreed to turn it down.

OPINION

Pacific food falling just short of new health standards

Oula Miquel
STAFF REPORTER

For many students living on Pacific's campus, many of the campus eateries are essentially unavoidable, due to the fact that they are the only viable eating options.

However, does eating on campus mean that there is a trade-off between convenience and the nutritious content in meals?

According to the United States Department of Agriculture, college campuses lack beneficial nutrients that are quintessential to promote a person's physiological wellbeing. When the new nationwide nutritional standards were released in January of this year, they scrutinized the school system, creating a set of guidelines created explicitly for school lunch programs. Nevertheless, these new provisions don't necessarily mandate what can and cannot be served in university dining halls, which allows us college students to ask, "What are we eating?"

Are meals on Pacific's campus up to par with the recently revamped health standards?

Many students on campus participated in the recent Journey to Wellness and Love Your Body Week, presented by PacWell. Although the central message was beneficial, was it realistic? Considering many of the meal options found on campus, is it possible to eat healthfully?

Natalie Marr '18 stated, "There is an attempt to make meal options healthy, but a lot of stuff is fried or sautéed so it takes a lot of the nutrition out of it."

Some might argue that, regardless of the unhealthy meal options, there are several ways to consume a healthy diet on campus. The University offers several healthy food options in the form of prepped salads in The Grove, Davey's Café, Calaveras Coffee and The Lair. There are also salad and fruit bars offered during lunch and dinner, in addition to the Healthy Destination section of the Marketplace in the DeRosa Center.

However, these options do not have everyone convinced. When looking at the menu offered online by Bon Appetit and comparing it to the revised health guidelines, many of the meals offered fail to meet the new nutritional standards.

The USDA built the new rules around recommendations from a panel of experts who assembled to create a gold standard for health benefits. These suggestions were updated from the 2010 Dietary Guidelines for Americans, the federal government's benchmark for nutrition.

Its aim is to foster healthy changes at schools by offering a variety of healthy fruits such as blueberries, oranges, bananas, apples, kiwis, grapes, strawberries and papayas, as well as healthier vegetables like broccoli, cauliflower, Brussels sprouts, kale, cabbage and bok choy.

Although the University offers some of these options, they don't offer enough, and they don't always provide them in their raw form. Veggies are often served cooked and oiled, which strips them of much of their nutritional value.

While some students may be able to find the University's health selections satisfying and varied,

the USDA might maintain that Pacific still has a ways to go to be considered up to recent health standards.



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Online classes: Beneficial, or a huge waste of time?

Nicholas Brummel
STAFF REPORTER

Education, in any form, is something to be celebrated and encouraged. No matter its utility in external goals, what an education does at a personal level for each individual is enough to earn the deepest respect. However, the cold, hard truth is that for many individuals, education is a means for career opportunity.

There is a reason so much time is taken to monitor the employed rate of college graduates, and so much energy is spent persuading potential students of the ties a college has to certain career providers. Thus, when deciding what avenues a student might take in achieving a collegiate education, it is imperative to understand the way such avenues may benefit or harm one's career opportunities. This is important

to consider when examining the merit of online courses.

Online courses do not have the best reputation. Online universities, for example, were called by a trio of Harvard researchers in 2012, "Agile Predators" who prey on false hope. Such universities suffer from several perceptions. Being for-profit universities, critical sources are wary of their intentions and commitment to providing quality education.

Furthermore, the quality of such courses are threatened by an obvious obstacle: cheating. Cheating is so much easier when there isn't the supervision provided by classrooms and live instructors. Thus, it makes sense that graduate universities and career-providers be wary of such an education.

Also, it has been shown time and time again that an online course does

not provide as rich and personal of an education as that provided by actually participating within a live course.

Students from Pacific are thus left with an important question: Are online course useless? Not exactly. They simply function better as a complement to one's education rather than as the bulk. Because many online course units are transferrable, taking online courses in conjunction with one's classes is an effective way of bolstering units, and can be a part of an effective strategy to maintain a strong GPA.

Certain courses have better grade rates within an online platform. Thus, one can take such courses while taking classes that have better chances of bolstering her/his GPA. While earning a degree entirely through online courses is difficult to proclaim as a particularly effective path, utilizing

such courses as supplements can be very advantageous.



Polaris

Should Pacific transition to becoming a smoke-free campus?

Oula Migbel
STAFF REPORTER

Many anti-tobacco advocates say there are strong reasons why college campuses should be a focus of more aggressive non-smoking efforts. Research indicates that many smokers take up the habit in college. The lobby group Americans for Nonsmokers' Rights says risk factors for tobacco use peak at ages 18-25, and "college attendance could be a turning point in choosing not to use tobacco." Despite such strong feelings, here at the University of the Pacific, the regulations are quite lenient compared to many other universities.

Pacific offers several designated smoking areas in separate ventilated spaces outdoors, which gives smokers the ability to smoke without offending others. They do so to protect non-smokers' health; smoking indoors would make more students vulnerable to secondhand smoke, which causes several health risks. Pacific offers the designated smoking zones to preserve the choice and liberty of both smokers and non-smokers, to balance both the liberties of the minority of individuals who smoke with the preferences of the majority of students who do not.

For students such as junior Reed Ramsey, who's been smoking cigarettes for five years, however, he believes, "As long as the University offers clearly labeled designated smoking areas on campus, there shouldn't be a problem." The labeling of designated smoking areas not only offers remote, closed off areas for students to unwind with their cigarettes, but it also provides non-smoking students a number of areas to avoid in order to dodge cigarette smoke. Nonetheless, many might argue that smoking has been proven to have many health risks associated with it, not only for the smoker but for those around the smoker as well, which is why some students believe smoking should be banned throughout Pacific's campus.

Smoking in a person's home or personal vehicle is one thing, but allowing students smoking privileges in public locations such as college campuses puts other students' health at risk. This is why students are claiming that it's unfair to allow designated smoking areas on campus, because it forces non-smoking students to be exposed to secondhand smoke and the health risks that accompany it.

Considering both parties' concerns, the University does not seem to be making any recent development in offering stricter regulations on campus in terms of its current smoking regulations. This is quite understandable, despite many controversial regulations that are being passed on college campuses nationwide. For now, at least, Pacific seems to be maintaining its neutrality among both the smoking and non-smoking populations that inhabit Pacific's campus.



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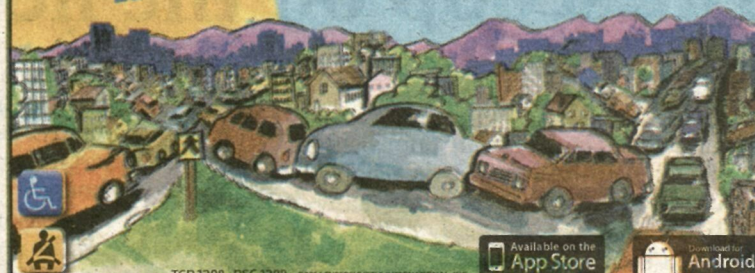


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Black vs Orange

Topic of the week:

Humanities Scholars Program: three-year track

PRO

CON

Sarah Yung
COPY EDITOR

Full disclosure: As a Pacific Humanities Scholar myself, I have a vested interest in this subject matter and am, unsurprisingly, a strong proponent for this program.

In addition to full financial coverage of off-campus cultural events such as trips to the Ashland Oregon Shakespeare Festival, the Pacific Humanities Scholars Program offers a unique three-year degree track in the humanities. Normally reserved for pre-professionals in pharmacy, dentistry or other such fields, this three-year track allows humanities students who have previously completed elements of their general education through AP or community college courses a way to receive a private school education at a much lower cost.

What's more, this program is the only one of its kind in the nation. For humanities students, whose public image often vacillates between useful and useless, Pacific's insistence on providing such a program is a validation of our creative mindsets, a welcome encouragement of our potential to create change with our chosen majors.

For students who have a clear vision of their path after college — whether it is grad school, teaching or something

equally impressive — this program makes perfect sense. To aid Humanities Scholars' post-graduate futures, the Program additionally provides a stepping stone of support with its amazing personal academic and career advisers, who truly care about your goals and are willing to go the distance to match you with distinctively beneficial opportunities.

The Humanities Program also promotes a close-knit circle of camaraderie as one gets to know one's peers in the program. With small classes of 10 or less, the Humanities Scholars seminars provide individual attention and boundless chances to interact with other high-achieving likeminded individuals. Some may claim that Scholars are missing out on the college experience by pursuing a three-year track. Yet I definitely challenge and rebut that. Once accepted, Scholars do not necessarily have to graduate within three years. For these students, the Program merely provides a buzzing place of constant creative and mental inspiration, a supplementary program that allows one access to one-of-a-kind field trips, continual support and myriad opportunities. If anything, Scholars experience more during their three years than a conventional college education provides.

Alex Rooney
OPINION EDITOR

Pacific students are fortunate enough to have access to many fast track programs, which allow them to receive the degree they are interested in in less time. Many students have heard of the pre-pharmacy and pre-dental tracks, but fewer people are aware of the Humanities Scholars Program, which also offers a faster degree for humanities students.

While this may be a big draw for some, there are a few reasons that the Humanities Scholars three-year degree program is not the best option for many students.

First of all, a major issue with any fast-track program is that the amount of work pushed onto students combined with an entire year being removed can mess up their college experience.

Since students must make up for the year of lost time, they are often encouraged to take more difficult classes that leave them with more work and less time to enjoy themselves as independent college students. This is time that could be used to join organizations, get a job or make connections with other students.

The three-year track

for professional programs has worked well in other countries, but this is likely because of the way their education systems prepare their students for a shorter university experience.

In some European countries, high school students finish the equivalent of our general education and move on to three years of university specifically focusing on their subject of interest. However, since that is not the way the American school system works, Humanities Scholars have to cram general education and their program classes into three years of learning, which is sure to be extremely stressful and overwhelming.

Overall, the program may be good for some, but for the most part there are many flaws when it comes to the amount of work expected out of students, and whether or not they leave school prepared for the real world.

For other pre-professional programs such as dentistry or pharmacy, the faster programs are more likely to work, but the humanities is such a large group of departments that cover so many aspects it seems unfair to rush the kind of education that comes with thought development rather than technical skills.

The scoop on the new undergraduate Greek RAs

Alex Rooney
OPINION EDITOR

Last week, The Pacifican published an "Orange and Black" pro and con article about the newly proposed undergraduate RAs for many of Pacific's Greek houses. Unfortunately, part of the article contained some factual errors, and in an effort to correct these, we met with Torry Brouilliard-Bruce, executive director of Housing and Greek Life, who was kind enough to straighten some things out for us and quell some of our concerns.

First of all, for those who don't know, chapter facilities that are owned by the University currently have a graduate student living in them acting as

a Residence Director. What has been recently proposed, however, is that instead of these graduate students, the University would place an undergraduate RA, similar to those in the dorms, in the houses.

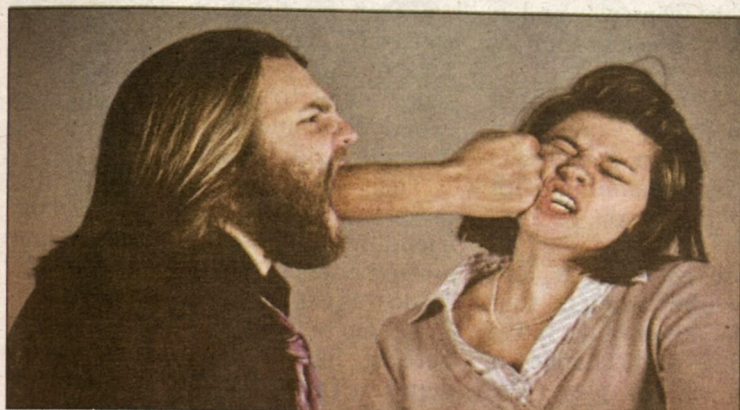
The reason for this change is that Housing and Greek Life are splitting, and Greek Life will soon fall under Student Activities instead. With this change, there is obviously a change in the budgeting that Greek housing originally received. Because Greek graduate RDs are in graduate assistantships, their tuition and room and board are covered by the University, in addition to also receiving a stipend. Unfortunately, Student Activities does not have the budget to pay graduate students' tuition and stipend.

Therefore, the idea of undergraduate RAs was born.

In regards to the concerns many affected chapters are expressing, Brouilliard-Bruce assured that the chapters will have an opportunity to have a say in their RA selection. Additionally, as concerns for privacy and ritual are the most prevalent, he also stated that RAs would be instructed to be understanding of this, and upon reasonable request, the RAs could be expected to exit the premises for certain events. Finally, if this plan is approved by Vice President for Student Life Patrick Day, then next year will be considered an evaluation year to see if the plan is practical or not. Brouilliard-Bruce said of the proposal, "We all value ritual, and we are trying to protect it."

LIFESTYLES

What is said, will be heard



Ruderman Foundation

Nicholas Brummel
STAFF REPORTER

Words foster our relationship with everything around us. They share meaning, so that mutual understanding might come from the label applied to, say, a tree. From that label, that single word, we can infer so much meaning: a provider of oxygen, of fire, of beauty, of wood. It is through this power that words can also oppress.

When a word is given shared meaning of unequal, lesser or wrong and is applied to a subcategory of people, the word is given the power to demean and subjugate. America has a rich history regarding words of power.

For centuries, words have been devised to unite a group of power and have been used to disenfranchise those who existed outside of that group.

American sensitivity to such words has increased in many aspects. The "n-word" is socially taboo for a majority of the country. The feminist movement has made strides in reclaiming the word "slut," and has made the country more wary of slut-shaming.

Still, there are quite a few words that a student strolling through Pacific's campus could easily encounter. Only last week, I heard a student calling another student in my classroom a "faggot." The context provided strong context that the student

wasn't homosexual. Why, then, was another student compelled to call him an extremely derogatory word for a member of the homosexual community? Quite obviously, the term was meant as an insult. The name-caller was insinuating the other individual was stupid, perverse... wrong.

Unfortunately, this is a common experience, even among schools that consider themselves 'enlightened.' Hannah Kearney '17, mentioned her experience with the term "faggot" on-campus, saying she hears it "from mostly boys." She explained that it is very rarely "confrontational; it doesn't necessarily mean they hate gay people."

Still, Kearney, who has homosexual family members, shared that she becomes "really offended," commenting, "It is sad that people use the word so lightly; it just seems part of our generation."

While the term "faggot" is regularly used, it is still associated with something inappropriate to say. Other words are used with even less thought.

Hannah Rea '15 shared her

experience with hate speech. Rea, who has a sister with special needs, created an organization called Emmy's Pledge, which was crafted to raise awareness of the inappropriate use of the term "retarded." Regarding individuals with disabilities, Rea explains that, "UOP's student body is generally sensitive to minority groups."

However, many people tend to adopt popular terminology that subliminally excludes that population." Like Kearney, Rea believes that this is generally due to "ignorant and uneducated individuals unaware of their impact." Still, she agrees that sometimes, "there are instances where people have bad intent."

No matter the setting and no matter how enlightened we all consider ourselves to be, we must always be conscious of our language.

Through our words, we have the power to break down a person and make them feel lesser. Equally so, we have the power to support and empower one another.

This is something to consider as each word passes from our lips, our pens or our gestures.

Healthy choices from Pacific's NutriCat

Alex Caspero
CONTRIBUTING REPORTER

Raise your hand if you made a resolution to be healthier this year. Studies show that on average, 60 percent of Americans make New Year's resolutions while only 8 percent of them actually succeed. As we enter into March, now is a good time to reflect on your goals and where you want to be by the end of the semester.

While resolutions are a great way to make healthier changes, most of us set large goals that can be hard to maintain, especially after the first two weeks. To stay on track, make simple switches

in your life! Even small switches can go a long way. For example, switch your daily sugary snack for your favorite fruit. The nutrients and fiber in fruit can help curb your hunger, while the natural sugars will appeal to your sweet-tooth.

No matter your goals, most of us can benefit from adding in more water during the day. Switch at least one of your drinks a day with a glass of water. It is important to be hydrated throughout the day, so make sure you are drinking enough water before, during and after your meals. Your body can mistake your thirst for hunger, so consuming adequate

amounts of water can prevent you from overeating. Not a fan of plain water? Try adding in fresh fruit to your water bottle for an infused twist! My favorite picks are lemon, lime, strawberries, mint and cucumbers.

Lastly, as the school year continues to ramp up with projects, meetings and tests, continue to prioritize your health. When time gets short, adjust your workouts instead of forgoing them all together. Switching out a 45-minute run for a 20-minute session of interval training will give you the same cardiovascular benefits in half the time. In addition to the health benefits, exercise has been shown to

improve concentration and learning abilities, a win-win for your body and your mind!

Want more health tips? Follow NutriCat on Facebook or sign up for a free one-on-one session with our campus dietitian by calling 946-2315 ext. 1.



Facebook

Upcoming Student Events

Thursday, 3/5

Library Exhibit: Ancient and Honorable Order of E Clampus Vitus

9 A.M. AT THE REYNOLDS GALLERY

Info Sessions: 2015 Summer Undergraduate Research Fellowships

NOON AT DUC

Lunch Behind The Lair: Chat with the Chaplains

NOON AT DUC

MESAA General Meeting

NOON AT MCGEORGE LAW

Christian Law Students Society Meeting

12:30 P.M. AT MCGEORGE LAW

Brubeck Institute Presents Christian McBride

7 P.M. AT THE VALLEY BREWING COMPANY

Friday, 3/6

Library Exhibit: Ancient and Honorable Order of E Clampus Vitus

9 A.M. AT THE REYNOLDS GALLERY

The National Theatre Institute visits Pacific Theatre Arts

NOON AT THE DEMARCUS BROWN THEATRE

InterVarsity Christian Fellowship Large Group

6 P.M. AT GRACE COVELL

Men's Baseball vs. Cal Poly

6 P.M. AT KLEIN FIELD

Saturday, 3/7

Women's Water Polo at Aggie Shootout

10 A.M. AT SCHAAL AQUATICS CENTER

Women's Tennis vs. BYU

NOON AT HAL NELSON TENNIS COURTS

Men's Baseball vs. Cal Poly

6 P.M. AT KLEIN FIELD

Sunday 3/8

Women's Tennis vs. Cal Poly

11 A.M. AT HAL NELSON TENNIS COURTS

Men's Baseball vs. Cal Poly

6 P.M. AT KLEIN FIELD

Newman Catholic Community Mass

8 P.M. AT MORRIS CHAPEL

How I became a Vagina Warrior



Memphis Flyer

Melanie Hash
CONTRIBUTING REPORTER

Over the past three months, I have become a Vagina Warrior. To be more specific, I was given the opportunity to join a cast of amazing women and

perform in Pacific's production of "The Vagina Monologues."

The journey from audition, through rehearsal and preparation, to performance was a transformative one. Despite the looming threat of

a busy spring schedule, I decided to abandon my comfort zone in order to stand on stage and talk about vaginas.

To say "The Vagina Monologues" is just about vaginas is deceptively simple. When we talk about vaginas, we are talking about women — and at its core, this play is a celebration of women.

In presenting issues that women face, the monologues take on personalities of their own: sometimes inviting, sometimes demanding, with an intensity that dares you to turn away.

The stories are as complex and wide-ranging as the women that inspired them. The power of narrative to inspire healing and change is at the forefront of this play. The audience is encouraged to laugh at the awkwardness of gynecological visits, to rethink slut-shaming and to acknowledge the horror of rape and

abuse.

For me, the most transformative aspect of "The Vagina Monologues" was not the words in the script, but the community of women I got to know by being a part of the production.

Our co-directors (co-ginas, if you will), Felina Kelly '15 and Kayla Jackson '15, created a fun and safe space for us to reflect upon our own experiences and explore the issues from our monologues.

Their dedication in bringing this production to life is inspiring. And the friendliness, artistry and all-around awesomeness of the cast are what truly made this experience memorable.

Let me tell you, I've learned there's nothing like a spontaneous group dance to Taylor Swift's "Shake It Off" to put the world in perspective.

Thank you to this remarkable group of women — rock on, Vagina Warriors!

Celebrate St. Patty's Day!

Sasha Kasoff
STAFF REPORTER

Many Americans can trace a bit of their ancestry back to the Emerald Isle and like to use St. Patrick's Day to acknowledge that heritage. This year, it will be after spring break on March 17, so make sure you have a green outfit ready! If you want to do something fun on-campus, The Lair in the DUC is having an Irish lunch and dinner that Tuesday.

While Stockton isn't having a parade for it, San Francisco's 164th Annual St. Patrick's Day Festival is being held on Saturday, March 14. There are many Irish pubs in the city that will be offering discounts, musical entertainment and green beer that weekend and on St. Patrick's Day itself.

Last spring, my boyfriend, Richard Moore '15, and I were both studying abroad in Cork, Ireland. We were there for St. Patrick's Day and learned about its true history in our Irish folklore class.

Originally, it had just been the spring festival before Christianity came to the island. According to our

professor, all of the native Irish holidays the people already celebrated just had saints slapped onto them by the Catholic Church.

We were surprised to see that they had the same cheesy decorations, green shirts for sale and shamrock headbands.

In downtown Cork, they have a big parade on St. Patrick's Day, despite the rain. In the old days, it was the British soldiers who put on the military parades and the Irish hated them, only kids wanting to watch. Over time more and more things got added in, including giant creepy costumes to represent historical figures.

The activity really Irish people do for the holiday is hike barefoot up Croagh Patrick Mountain in County Mayo as a sort of pilgrimage. It's only about a half-mile hike up to a pretty nice view, and of course, afterward you go down to drink, listen to music in the pub and complain about your feet later that night.

So, this St. Patrick's Day, eat some mashed potatoes, maybe have a drink and have some fun.

2015 Call for Nominations

Faith ALL-UNIVERSITY LEADERSHIP AWARDS Davies

The Faith Davies All-University Leadership Awards aim to recognize the success of Pacific students, faculty, staff, and student organizations. Please acknowledge and celebrate their success through taking time to nominate individuals and student organizations for one or more of the awards listed below.

Stockton Specific:

- DOCHTERMAN OUTSTANDING JUNIOR SCHOLARSHIP
- JESSE MARKS CO-CURRICULAR AWARD
- KAREN DEROSA OUTSTANDING GRADUATE STUDENT LEADER AWARD
- ELIZABETH GRIEGO OUTSTANDING STUDENT LEADER AWARD

All Three Campuses:

- ANDERSON Y COMMUNITY SERVICE AWARD
- OUTSTANDING STUDENT ORGANIZATION ADVISOR AWARD
- PACIFIC FUND PHILANTHROPY AWARD
- PACIFIC TIGER AWARD
- PODESTO AWARD FOR EXCELLENCE IN STUDENT LIFE, MENTORING, AND COUNSELING

For a description of each award and the nomination form, please visit <http://www.pacific.edu/Commencement-Home.html> and select *Schedule of Events* or <http://www.pacific.edu/faithdavies>.

Submit completed nominations by 5:00 p.m. on Friday, March 13, 2015.

Nutty news: Peanut allergies could be prevented in infancy

Sarah Yung
COPY EDITOR

The New England Journal of Medicine recently published a five-year study entitled "Randomized Trial of Peanut Consumption in Infants at Risk for Peanut Allergy," which claims that feeding infants from the ages of four to 11 months small doses of peanuts can actually greatly reduce or even eliminate their chance of developing peanut allergies, even taking into account genetic and other risk factors. This is a truly landmark discovery, as the article reports that "the prevalence of peanut allergy among children in Western countries has doubled in the past 10 years, and peanut allergy is becoming apparent in Africa and Asia."

The study first separated its 640 subjects into two groups: those who would be exposed to six grams of peanut protein per week over five years and those who would not. Both groups had a mix of subjects who had shown initial reaction to peanuts and those who had not.

The results were quite significant: "Amongst the kids who had shown a reaction to peanuts at the start of the trial and were exposed to peanuts during the following five years, only 10.6 percent developed an allergy, versus 35.3 percent of those who had not been exposed," informs Quartz writer Annalisa Merelli.

The infants who had tested negative to the peanut allergy in the beginning of the study showed even greater results: "Only 1.9 percent of those who were fed peanuts developed an allergy, versus 13.7 percent of those who weren't," Merelli went on to report.

Interestingly, this study contradicts medical

advice from as recently as 2013. The UK National Health Services website, in an April 2013 medical review, stated quite clearly that peanuts are allowed to be served to children only at the age of six months, and only if your family does not have a history of food or other allergies. Now it seems future reviews may say differently.

"I found it interesting how scientists would use a vaccination concept of disease control to help reduce the likelihood of peanut allergies," commented student Nathan Wong '17.

Indeed, if you think about it, the concept of desensitizing humans to diseases through exposure to the irritant is not a new one. The notion of Mithridatism reflects just that — it is the exercise of self-protection against a toxin by gradually administering non-fatal doses and has been found to be successful against various snake venoms and, yes, peanut allergies.

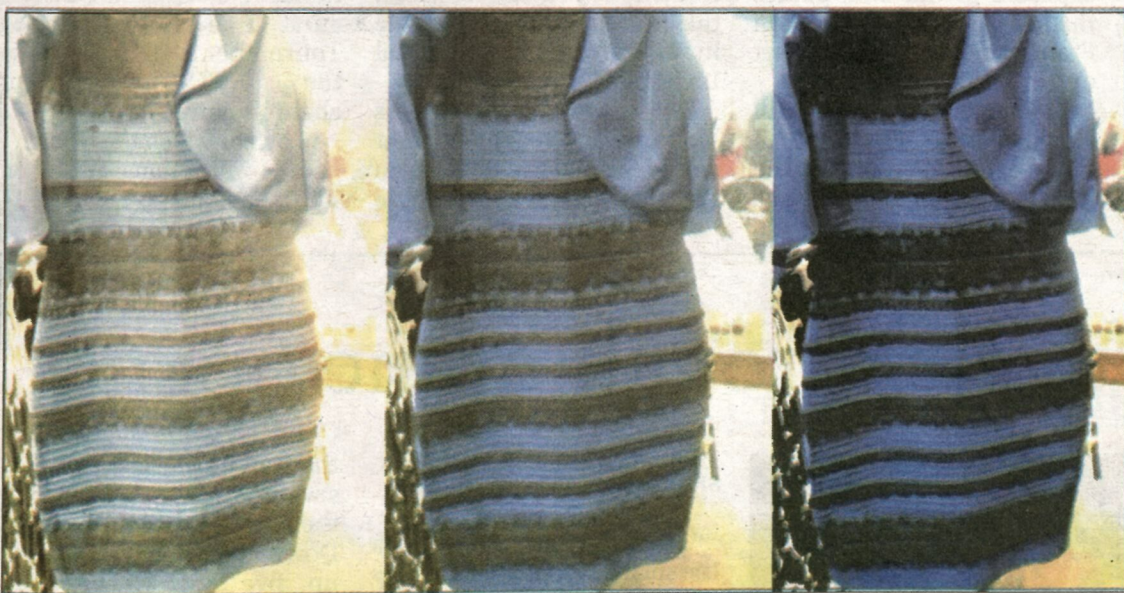
These new peanut studies also reflect previous research into inoculation against poison oak, poison ivy and sumac; however, a human-viable vaccine has still not been produced after the two years since that research was first widely publicized. The only difference is the age of introduction.

Nevertheless, this study will hopefully prove helpful in helping to eliminate peanut allergies once and for all. Just imagine the impact a change like this could enact on our society — that guy Remy from "The DaVinci Code" (spoiler alert!) wouldn't have died! Perhaps more importantly, this peanut-allergic author would have been able to taste that famed Holy Grail of cherished childhood nostalgia: peanut butter and jelly sandwiches.



The Cellar Peanut Pub

The dress that broke the internet



The dress that stole the minds of millions over the weekend. The first photo on the left is the original image taken. The next two are color corrected images to prove the dress' true colors.

Wired

Sarah Kellner
LIFESTYLES EDITOR

If you were on any type of social media Thursday night, Feb. 26, 2015, there was a chance you saw the dress. If you were on social media at all over the weekend, there is a HIGH probability you indeed

saw the dress and bickered with anyone within earshot about the color:

"Is it blue and black or white and gold?!" Two camps have been formed, and friendships have been broken.

Now, let's step back and look at this. Of all the issues humanly possible to

engage this many viewers in a public debate, the topic is on a humble body con dress. Not the plummeting gas prices that have pleased the public yet simultaneously and discreetly covered up an international embargo (which now has a new civil stride underway). Or ISIS

and American involvement? Nope, let's invoke a debate over the color of a dress. Just how many have tuned in?

According to CNBC, the post on BuzzFeed about the dress received viral traffic of almost 670,000 people viewing the post at the same time and 16 million hits in six hours. So that's what breaking the internet looks like.

Sorry, Kim Kardashian, I bet your spread in Paper Magazine wasn't cheap, but apparently a cheap dress just stole your thunder. Half a week later, the debate is still raging over the color of the dress, and half-baked science has now been offered up to give people back their peace of mind.

I would love to delve into the scientific reasoning, but I am having a hard time getting past the fact that the color of an obviously very overexposed photo of a dress has created such a stir.

Millions upon millions of dollars are sent by politicians, corporations and international tycoons for

advertising that will only gain but a fraction of views the dress has. Is there a formula here that can be followed?

Or was this phenomenon merely the perfect combination of a slow weekend on the news front and people's boredom?



SPORTS

TIGER



SCHEDULE

Baun Fitness Center

Thursday:

- 6:30-7:15 A.M.
- Cycle
- 12:05-12:50 P.M.
- Yoga
- 5-6 P.M.
- Zumba
- 5:30-6:15 P.M.
- Cycle
- 6:30-7 P.M.
- TRX Express
- 6:45-7:15
- Abs & Assets
- 7-7:30 P.M.
- TRX Express
- 7:30-8:30 P.M.
- Yoga
- 9-9:45 P.M.
- Black Light Cycle

Friday:

- 6:30-7:15 A.M.
- Cycle
- 8-9 A.M.
- Fit and Functional
- 12:05-12:50 P.M.
- Cycle
- 5:15-6:45 P.M.
- Yoga

Monday:

- 6:30-7:15 A.M.
- Cycle
- 8-9 A.M.
- Fit and Functional
- 12:05-12:50 P.M.
- Power Sculpt
- 4-4:50 P.M.
- Pilates
- 5:15-6:15 P.M.
- Yoga
- 5:30-6:15 P.M.
- Cycle
- 6:45-7:45 P.M.
- Zumba

Tuesday:

- 6:30-7:15 A.M.
- Cycle
- 12:05-12:50 P.M.
- Yoga
- 4-4:30 P.M.
- TRX Express
- 4:30-5 P.M.
- TRX Express
- 5-6 P.M.
- Zumba
- 6:15-7:15 P.M.
- Social Dance
- 6:30-7:15 P.M.
- Cycle
- 7:30-8:30 P.M.
- Yoga

Visit go.pacific.edu/rec for schedule updates and class descriptions.

BASKETBALL

Basketball prepares for WCC tourney

Drew Jones
SPORTS EDITOR

Men's and women's basketball capped off regular season play this past weekend, both facing off against Santa Clara and San Francisco. Both teams split the weekend, each defeating the Broncos and falling to the Dons.

The men's team finishes second to last in the West Coast Conference with a 4-14 record. They tied LMU in conference record but won more non-conference games, giving them the ranking edge. The Tigers were able to squeeze out another win before the closing of regular season play but were unable to take the weekend sweep.

Pacific will play San Francisco in the first round of the WCC Tournament this Friday at 6 p.m. The game will be aired on BYUtv. If they win, they'll face off against No. 7 Gonzaga, who finished first in WCC.

Last season, the Tigers fell in the first round to Santa Clara; however, they were able to advance to the CollegeInsider.com Tournament and made it to the semifinal round before losing to Murray State.

Pacific has made a couple trips to the NCAA Tournament in program



Head Coach Lynne Roberts lays out the game plan against Santa Clara.

Edna Rush

history, including two years ago after winning the Big West championship; therefore, they know the caliber of basketball it will take to move forward.

The women's team had a tremendous season, finishing third in conference with a 13-5 record. Overall, they are 21-8. The Tigers were expected to win both games this past weekend, but San Francisco delivered the upset on Senior Day.

Coincidentally, they will also play San Francisco in the quarterfinal round of the tournament in Las Vegas.

If the Tigers successfully get revenge against the Dons, they will move into the semifinal round of the tournament.

Last season, Pacific played extremely well in the tournament, advancing to the semifinal round and giving it their all against BYU. Unfortunately, they came up short; nevertheless, they were able to participate in the Women's National Invitation Tournament.

This year, the Tigers look forward to giving their conference rivals a run for their money en route

to their first tournament championship.

Two seasons ago, Pacific finished first in Big West after regular season play but was unable to close out the tournament win, losing the opportunity for their first March Madness appearance. With a talented starting five and a tenacious mindset, Pacific may receive an at-large bid to the NCAA Tournament or even take the WCC Tournament championship outright.

You can catch the women's game online on BYUtv on Thursday at 6 p.m.

SOFTBALL

Tigers struggle through home opener



Drew Jones

Drew Jones
SPORTS EDITOR

Pacific softball is well into the spring season, with nearly a month of games under their belts. The Tigers hosted their home opener tournament this past weekend, taking on No. 18 Washington, North Dakota State and Montana. Over the course of the weekend, they struggled to find their groove, falling in four of the five games.

On Saturday morning, the Tigers dropped a heartbreaker to NDSU. They held on to a one-run lead all

the way until the start of the seventh inning, and suddenly the Bisons began to rally. Down two outs, NDSU put up five back-to-back hits, including three doubles, to take a 5-1 lead over Pacific. Pacific failed to recover in the bottom of the seventh, falling for the third straight time in the tournament.

The sun began to come out later that day as Pacific was able to run away with a victory over Montana.

SOFTBALL
CONTINUED ON PAGE 11

Softball looks to smooth out the rocky road

SOFTBALL
CONTINUED FROM PAGE 10

However, the second time they faced Montana, they were not able to hold onto the momentum, falling 6-2.

Notably, second baseman Nicole Zapotoczny '16 clutched up for the squad, tallying extra base-hits and leading the team in RBIs.

The Tigers have struggled to find consistency so far this season, only achieving a 6-13 record. They have also been facing some tough competition, going up against two ranked squads and five teams who appeared in regionals last season, including national runner-up Alabama.

Pacific will stay hard at work over the spring break as they travel to Fullerton and Fresno State for tournaments as well as host Penn State in a double-header. Over the next two weeks, they will continue to play high caliber competition, including four teams who went to postseason last year.

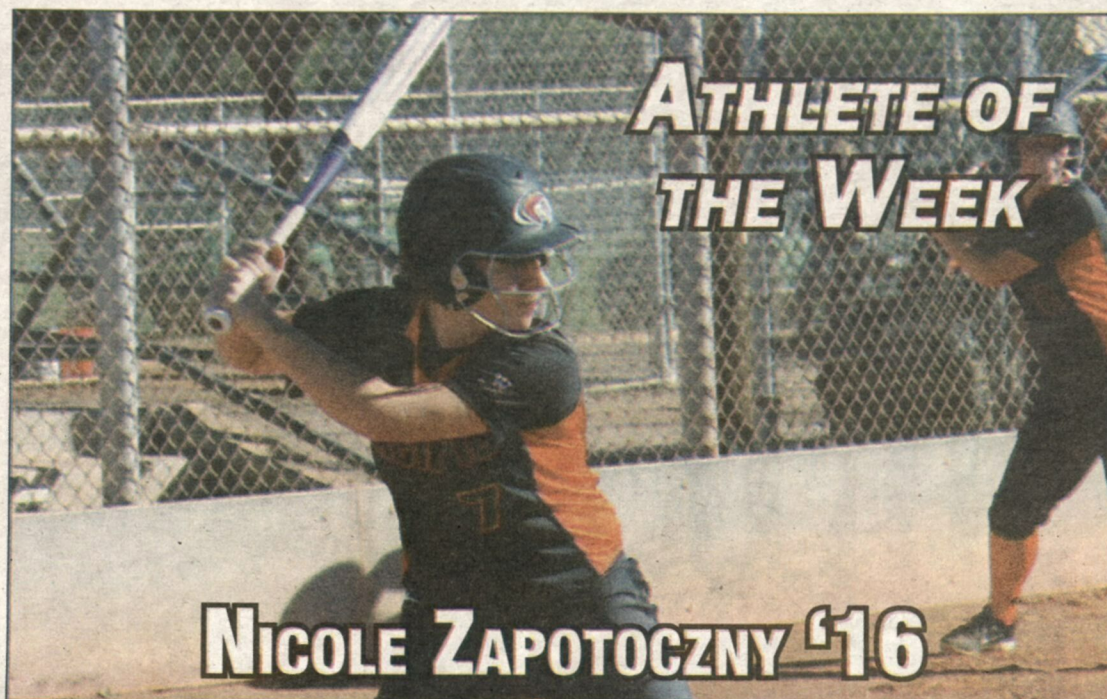
Looking forward, the Tigers hope to make some adjustments on the field that will get the operation running more smoothly and consistently. Their next home game is on Tuesday, March 10 at 4 p.m. at Bill Simoni Field, which will be during spring break. After the break, Pacific will host the Louisville Slugger Invitational.



Drew Jones

Did you know?

Women's volleyball player Gillian Howard '15 was named an All-American for her performance throughout the 2014 fall season. She was awarded honorable mention honors by the American Volleyball Coaches Association.



ATHLETE OF THE WEEK

NICOLE ZAPOTOCZNY '16

Second baseman Nicole Zapotoczny '16 has been on fire at the plate. She knocked her fourth homerun over the fence in Pacific's Libby Matson Tournament this weekend, tallying two RBIs in the process. In total, Zapotoczny went 5 for 18 over the weekend, including a double, triple and a homerun. She hit in six runners and led the team in RBIs.

(Photo c/o Drew Jones)

PACIFIC TIGERS

SPRING BREAK SCHEDULE

BASEBALL

Home opener series

Friday, March 6
vs. Cal Poly
6 p.m.
Klein Family Field

Saturday, March 7
vs. Cal Poly
2 p.m.
Klein Family Field

Sunday, March 8
vs. Cal Poly
1 p.m.
Klein Family Field

Tuesday, March 10
vs. Cal
6 p.m.
Klein Family Field

MEN'S TENNIS

Thursday, March 12
vs. Utah State
noon
Hal Nelson Tennis Courts

Friday, March 13
vs. San Francisco
2 p.m.
Hal Nelson Tennis Courts

WOMEN'S TENNIS

Saturday, March 7
vs. BYU
noon
Hal Nelson Tennis Courts

Sunday, March 8
vs. Cal Poly
11 a.m.
Hal Nelson Tennis Courts

For more information, check out the official Pacific Athletics website at pacifictigers.com.

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